

Aspyre Fitness Group Fitness Timetable

Main Studio



Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am	Body Step	Body Pump	Body Step	Body Pump		8:30am >	Body Pump	
9:30am	Body Pump		Body Pump			9:30am >	Body Combat	Body Balance
12:10pm (45min)	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
5:30pm	Body Pump	M.C.T.	Body Pump	M.C.T.				
6pm		* Hapkido Kids		* Hapkido Kids				
6:30pm	Body Balance							
7pm		* Hapkido		* Hapkido				
7:30pm	Kick Boxing		Kick Boxing					

RPM Studio

Time	Tuesday	Thursday
1pm	RPM	RPM

* Note: Hapkido classes are run by KMA Black Belt Success School. Aspyre Fitness members receive 4 free sessions